

Component-Based Psychotherapy: An Integrative Framework for Treating Adults with Histories of Complex Trauma & Dissociation

Richmont is opening a portion of this course in the Trauma Certificate to Richmont alumni and the surrounding community for Continuing Education Credit. If you would like to attend the full course, then you'll need to register as a non-degree student through Richmont's Record's Office (records@richmont.edu).

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Continuing Education: 15 CEs Awarded

When: October 16-18, 2026

Friday 2-6PM, Saturday 9AM-6PM, Sunday 9AM-12:30PM

Where: Richmont's **Chattanooga** Campus (1815 McCallie Avenue Chattanooga, TN 37404)

Presenters: Dr. Jana Pressley & Dr. Joseph Spinazzola

Dr. Jana Pressley is Director of Clinical Services at the Complex Trauma Treatment Center Boston, Founding Faculty at the Complex Trauma Training Institute, Co-Director of the Complex Trauma Treatment Affiliates, and Senior Training Associate of the Foundation Trust. A licensed clinical psychologist, Dr. Pressley specializes in the treatment of youth, adults, and couples/families impacted by developmental trauma, as well as providing consultation supporting systems-level implementation of trauma-informed care in organizations. She teaches trauma-related courses at the graduate level, and has designed and implemented trauma treatment specialization courses and qualitative trauma-focused research labs for graduate programs.

Dr. Pressley was formerly the Director of Clinical Training and Associate Professor in the Clinical Psychology doctoral program at Wheaton College Graduate School, and she currently serves as Adjunct Associate Professor at Richmont Graduate University in the trauma certificate track. Dr. Pressley's research focuses on the experience of court-involved young adults who have suffered relational trauma in the midst of chronic poverty and community violence, as well as the impact of complex trauma history on adult spirituality and meaning-making. Dr. Pressley is also a national trainer and consultant in the Attachment, Regulation, and Competency (ARC) and Component-Based Psychotherapy (CBP) complex trauma intervention models.

Dr. Joseph Spinazzola is an internationally recognized traumatic stress researcher and trainer, and one of the most prolific scholars in the field of complex trauma. Dr. Spinazzola is the Managing Director of the Complex Trauma Institute, Founding Faculty at the Complex Trauma Training Institute, Senior Clinician at the Complex Trauma Treatment Center Boston, and Co-Director of the Complex Trauma Treatment Affiliates program. He is also Executive Director of the Foundation Trust, Adjunct Professor at Richmont Graduate University, Principal Investigator of the Developmental Trauma Disorder Field Trials, and a member of the Forensic Panel. Dr. Spinazzola founded the Complex Trauma Treatment Network of the National Child Traumatic Stress Network and was a member of the Complex Trauma Taskforce of the International Society for Traumatic Stress Studies. Dr. Spinazzola has overseen regional and statewide trauma-informed care initiatives and has originated and directed complex trauma conferences and intensive training institutes in

the United States, Canada and Hong Kong. He has co-authored trauma treatment guidelines, developed evidence-based intervention manuals, and designed and overseen all facets of randomized controlled trials of psychotherapeutic, psychopharmaceutical and mind-body interventions for PTSD and related disorders.

Dr. Spinazzola has a wealth of experience with program development and evaluation. He is a national trainer and consultant in the Attachment, Regulation, and Competency (ARC) model; lead developer of Trauma Drama, an improvisational theater-based youth violence prevention and tertiary intervention model, and co-developer and lead trainer of Component-Based Psychotherapy (CBP), a relationally-based, traumatic stress and dissociation treatment model for adults with histories of complex childhood trauma. In addition, he is the creator of [complextrauma.org](https://www.complextrauma.org), a comprehensive information and resource website for trauma-impacted individuals, families and providers.

Workshop Description:

This intensive clinical workshop offers participants a comprehensive introduction to the CBP (Component-Based Psychotherapy) model. CBP was distilled from decades of treatment with adult survivors of chronic abuse, neglect and other forms of victimization and life adversity who exhibit complex symptom presentations including clinical dissociation, impairment in functioning and engagement in high-risk coping and survival behaviors. An integrative treatment framework, CBP draws upon feminist, relational, psychodynamic/psychoanalytic and trauma-focused approaches to intervention. CBP places heavy emphasis on the therapeutic relationship. Finally, CBP attends to the effects on human development of insidious and contextual forms of trauma including psychological maltreatment, attachment disruption, injustice and social oppression.

This workshop will delve into an exploration of the four primary components of CBP: building healthy relationships; working with dissociative parts of self; enhancing capacity for self-regulation; and trauma and life narrative work. Each component will extensively consider the practicing therapist's own parallel process, and how this is facilitated in supervision via working through therapeutic enactments. This workshop will provide detailed examples, case illustrations, worksheets and experiential demonstration of specific strategies and techniques used to advance the principal clinical objectives of CBP.

For more information on CBP and complex trauma, visit <https://www.complextrauma.org> and <https://www.componentbasedpsychotherapy.com>.

Recommended Reading

Grossman, F., Spinazzola, J., Zucker, M., & Hopper, E. (2017). Treating adult survivors of childhood emotional abuse and neglect: A new framework. *American Journal of Orthopsychiatry*, 87(1), 86-93.

Hopper, E., Grossman, F., Spinazzola, J., & Zucker, M. (2018). *Treating adult survivors of childhood emotional abuse and neglect: Component-based psychotherapy*. New York, NY: Guilford Press.

Target Audience: Clinical Mental Health Counselors, Psychologists, and Graduate Students.

Learning Objectives: As a result of this seminar, participants will be able to:

- Discuss the principles underlying the use of specific stabilization techniques.
- Utilize stabilization techniques for affectively dysregulated adults.
- Utilize mind-body approaches to trauma treatment.
- Utilize the role of timing and pacing in trauma processing.
- Apply their awareness of the role of processing through case illustration.
- Describe when trauma processing is not appropriate in clinical treatment.
- Describe a range of approaches for addressing trauma in adulthood.
- Apply these concepts to case material.
- Prepare for the complexity of termination when working with traumatized clients.
- Expand case conceptualization and treatment planning to include an understanding of clinical dissociation and the fragmentation of self-states that often occurs as a consequence of early exposure to complex trauma.
- Provide psychoeducation to clients that expands their awareness and understanding of dissociative processes and manifestations of dissociative coping and symptomatology.
- Describe and utilize a technique for working toward integration and regulation of a clients' dissociative parts.
- Describe the core elements of the trauma centers' component-based psychotherapy model and its use in complex trauma intervention.
- Describe case conceptualization and treatment considerations of particular relevance to adult survivors of childhood emotional abuse and neglect.

Basic Agenda

<i>Date</i>	<i>Lecture</i>
Day 1	• CBP model: Relational component
Day 2	• Component-based psychotherapy (Parts work, regulation components)
Day 3	• Component-based psychotherapy (Narrative component) • Application of model/material to case material

Continuing Education: 15 CEs Awarded

Fees: Richmond alumni: \$450/ Guests: \$500

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Note: Attendees are required to attend all three days to receive CE credit for this event. Partial credit cannot be awarded.

Refunds: In order to receive a refund, requests must be submitted to ContinuingEd@richmont.edu prior to October 9, 2026.

There is no known commercial support for this program.

Richmont Graduate University has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4534. Programs that do not qualify for NBCC credit are clearly identified. Richmont Graduate University is solely responsible for all aspects of the programs.

